

Self-Determination

What is it?
Is it Right
for Me?

LOCATION

PRESENTER

**SCLARC Self-Determination
Advisory Committee**

**Developed by the
State Council on
Developmental Disabilities
Los Angeles Office**



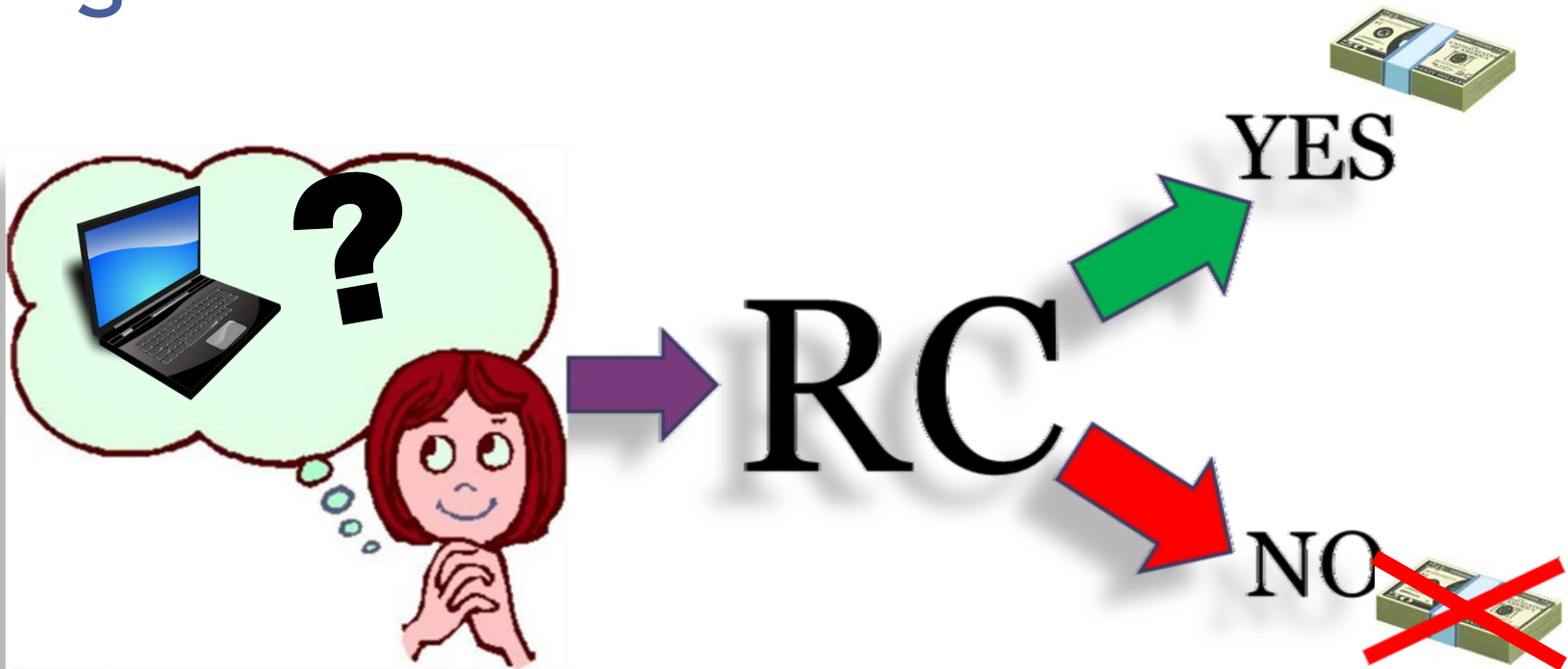
Huge Change to Law



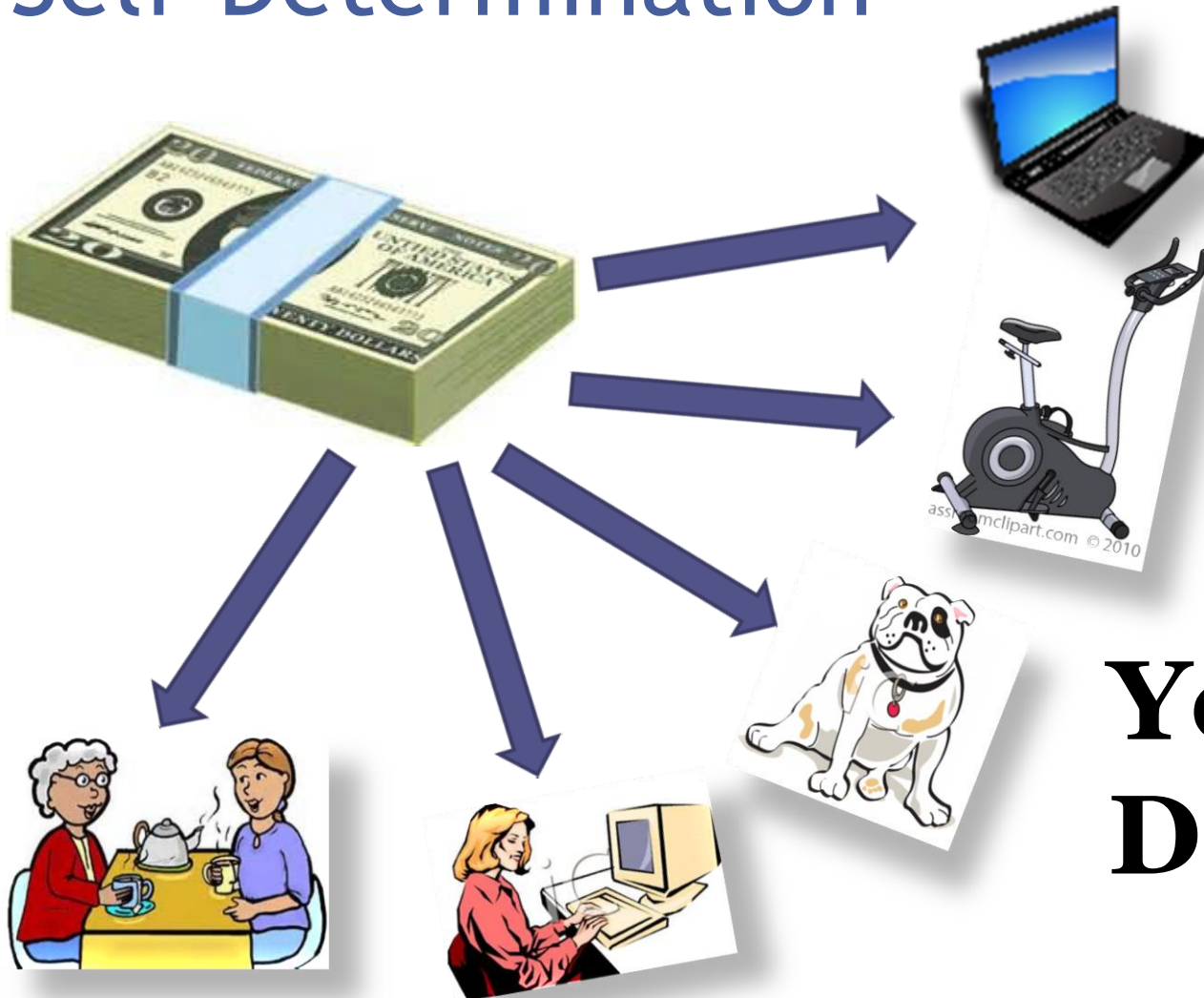
A New Option



Regular RC Services



Self-Determination



**You
Decide**

The Five Principles

5

Of Self-Determination

Principle 1: FREEDOM



For You to make CHOICES

Principle 2: AUTHORITY



**Over DECISIONS and
MONEY**

Principle 3: SUPPORT



From ALLIES to get what you need

Principle 4: RESPONSIBILITY



You are responsible, not others

Principle 5: CONFIRMATION



That you are the one in charge!

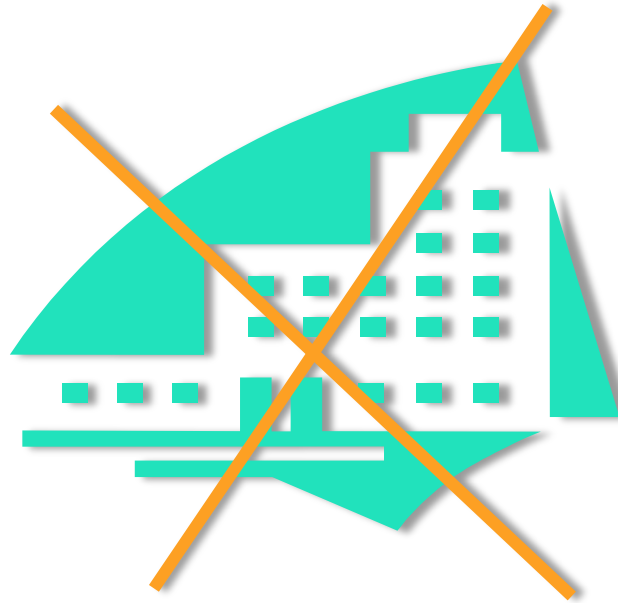
Who is Eligible?

- Eligible for Regional Center services
- At least 3 years old
- Living at home or in the community



Not eligible if...

You live at a Developmental Center or Intermediate Care Facility (ICF)



Important parts of SD

- **You and Your Team**
- **Your Budget**
- **Your Person-Centered Plan**
- **Your Supports and Services**

Your Team

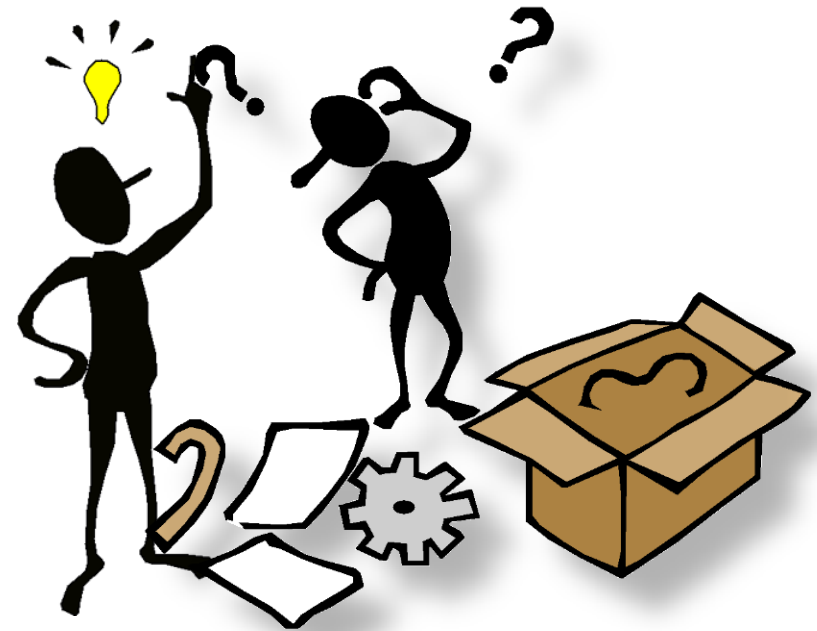
- YOU

- Make Decisions
- Have Authority
- Take Responsibility



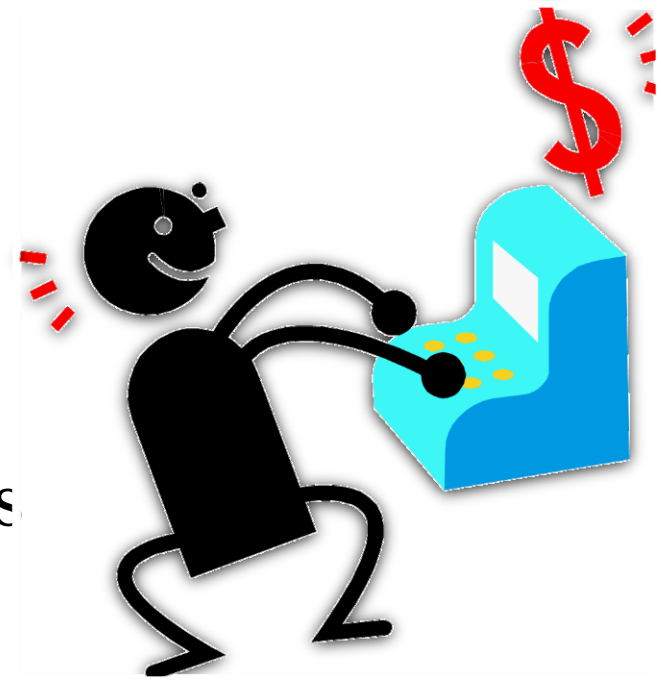
Your Team: The Facilitator

- Helps You
 - Sort out your plan
 - Find services
 - **OPTIONAL**



Your Team: Fiscal Management Service

- **REQUIRED – Vendored by RC**
- Receives the Money
- Pays bills for your plan
- Does background checks



Other Members



- Your Regional Center Service Coordinator
- Anyone else you want to help you!

Your Budget

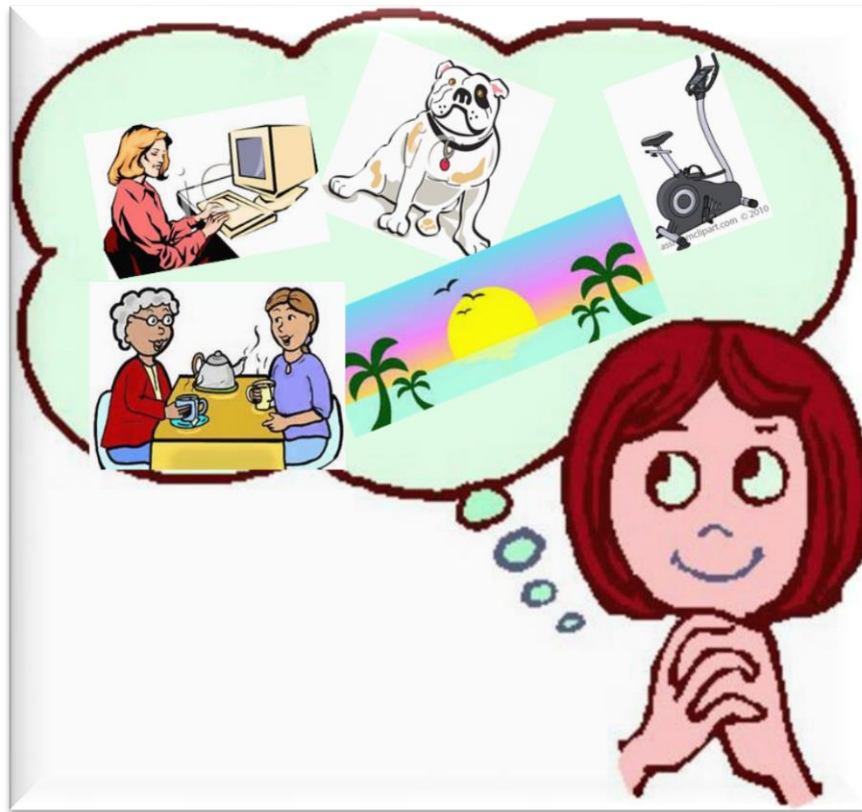
Your SD Budget

=



Spent for your
services in the **last
12 Months**

Your Plan



SHOULD INCLUDE:

- What you want
- What you need
- Hopes and dreams
- **Everything important to you**

For example...

- I want to support myself financially
 - I need to find a job that allows me to earn a livable income
 - I will hire someone to help me with:
 - Writing a resume
 - Helping me figure out a good work environment for me
 - Looking for work opportunities
 - Requesting accommodations
 - Job coaching for six months

Your Plan: Assign Money

- **Assign money for each part of the plan**



\$5,000 for employment

\$8,000 for supported living



\$600 for computer

Plus \$500 for FMS and Facilitator

Put your Plan into Action

- Hire Service Providers
- Purchase what you need
- Find resources



Put your Plan into Action: Get Help

- **Who can help find what you need?**
 - Facilitator
 - RC Service Coordinator
 - Family and Friends



Put your Plan into Action: Interviews



- **You Interview people**
- **You decide who you like**

Put Your Plan into Action: Background Check

- The Fiscal Manager does background checks



Put Your Plan into Action: Hire



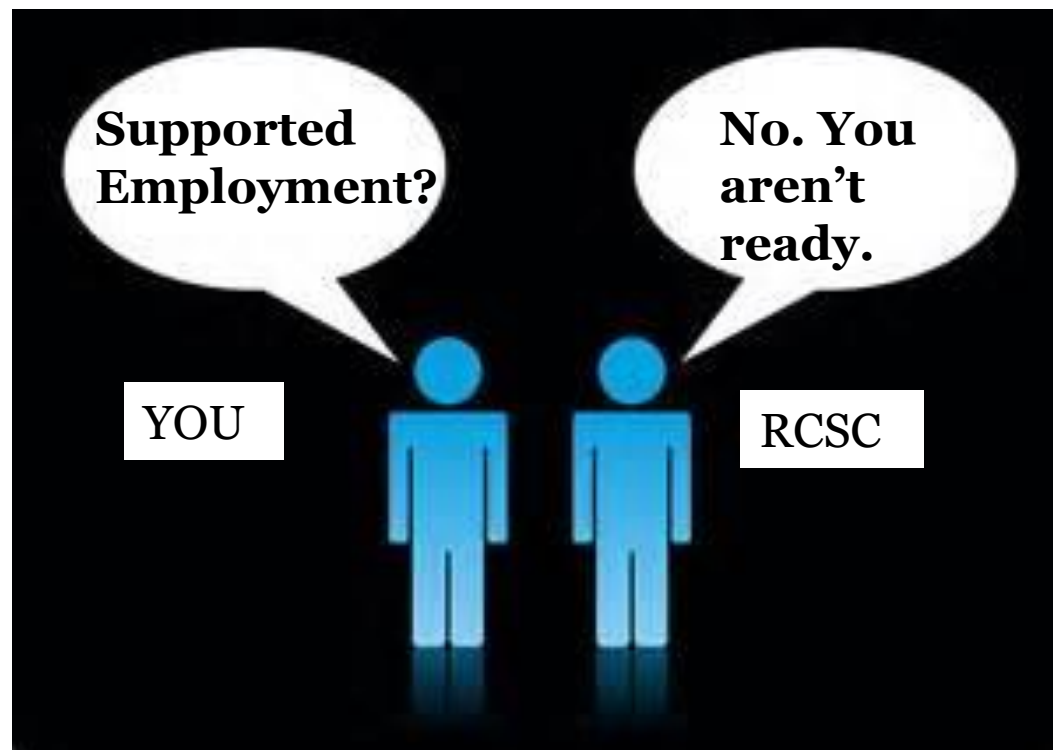
- Agree on a contract
- Start Services!

A few things to know

- Some services that RC can't pay for, you can pay for in SD
- You still must use generic resources first
- Some services won't be permitted

Example: Employment

- **Regular Services:**



Example: Employment

- **Self-Determination:**



Example: Who you can hire

- **Regular Services:**

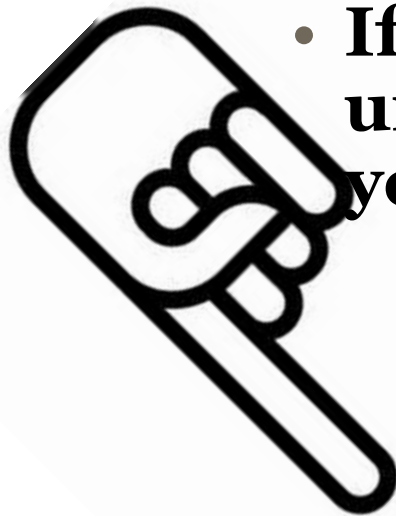


Example: Who you can hire

- **Self-Determination:**



When something goes wrong Regular Services



- **If you are unhappy with your services...**

- **Regional Center is responsible**

When something goes wrong

Self-Determination



- **If you are unhappy with your services...**



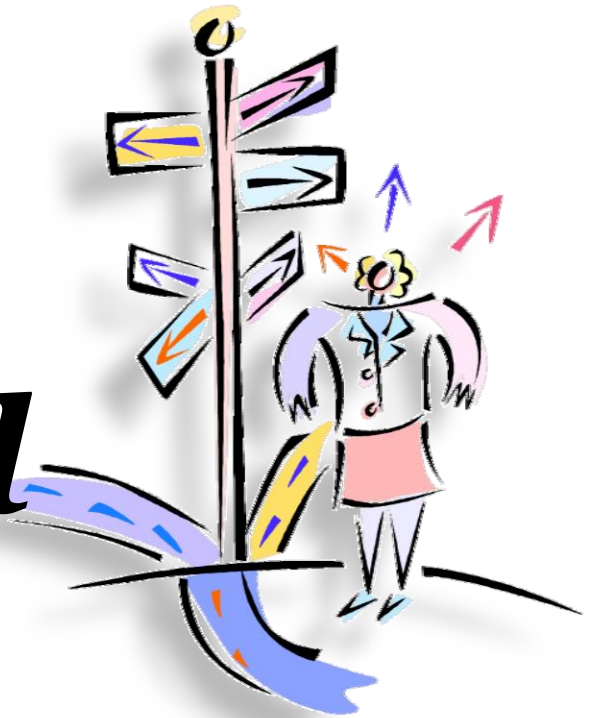
- **It is up to YOU to fix it**
- **Ask your team to help**

Is Self-Determination Right for You??

Ask yourself the next 5 questions.

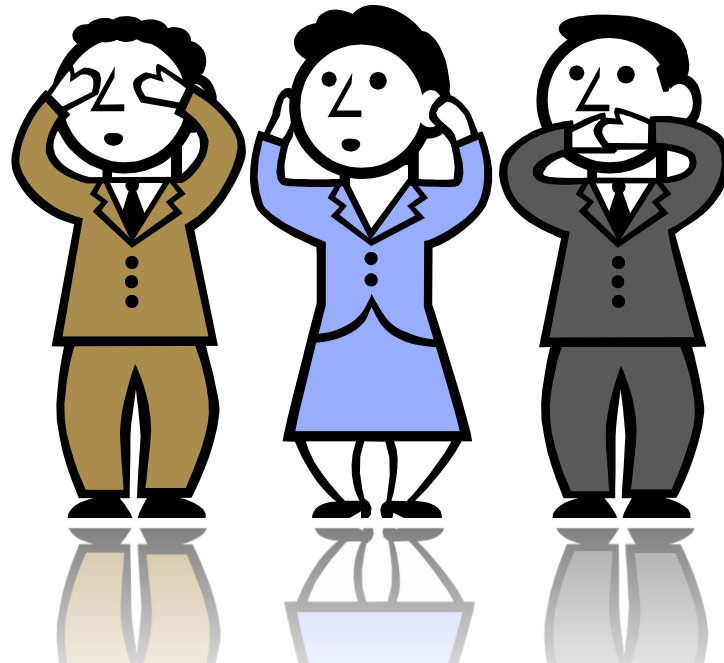
Five Questions to Ask Yourself

***1. Do you
have a
complicated
life?***



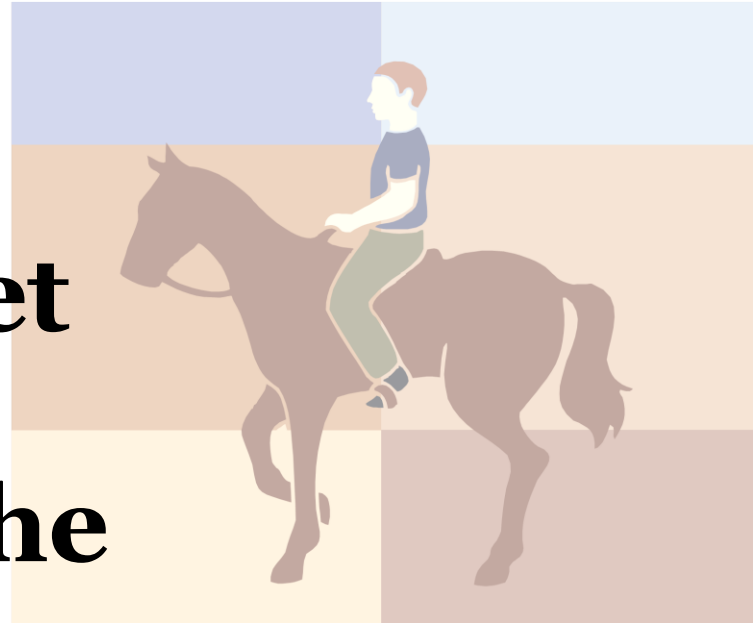
Five Questions to Ask Yourself

2. Have you had a lot of denials, conflicts with RC or fair hearings?



Five Questions to Ask Yourself

3. Have you lost services due to budget cuts and changes to the Lanterman Act?



Five Questions to Ask Yourself

4. Do you want unique services not typically offered by Regional Centers?



And Finally...

**5. Are you READY to take on
the RESPONSIBILITY??**



Timeline

- Right now – Advisory committees are meeting
- DDS is working with CMS to finalize waiver
- Sometime in 2017, first 2500 people will be selected
- After three years – anyone eligible can join

What to do now

- Think strategically
- Ask for all of the services you need now
- Use all of your services
- Go to fair hearing when denied
- Learn and share what you know

**Dear Regional
Center,
I need X,Y and
Z services.**

**Yours
Sincerely,**

Local Advisory Committees

- One for each Regional Center
- Monitors the SD Program
- Makes recommendations
- Local SCDD offices and RC each appoint half



Common Questions

- ***Can I move money around in my budget?***

Only 10% from one service category to another.

- ***What happens if I move to a different regional center?***

You can stay in SD.

Common Questions, cont'd

- ***What if I want to leave the Self-Determination Program or I become ineligible for some reason?***

You can go back to traditional services.

- ***If I leave Self-Determination by choice can I return?***

Yes but you must wait 12 months.

Common Questions, cont'd

- ***What if I disagree with regional center about my eligibility or the amount of money in my budget?***

You can appeal the decision.

**Any MORE
Questions?**

Resources

- Disability Rights California:
www.disabilityrightscalifornia.org Publication
#FO7701
- The Center for Self-Determination:
www.centerforself-determination.com
- Senate Bill 468: www.leginfo.ca.gov
- State Council on Developmental Disabilities:
www.scdd.ca.gov
- The Autism Society of Los Angeles:
www.autismla.org